

***A Burning Desire cover copy:***

*I felt that if I was going to make the claim that Buddhism and the Twelve Steps could work together, then God, an idea that is at the center of the Steps, had to be understandable through the Dharma.*

Blending ancient, eastern religious practices with contemporary, secularized insight, *A Burning Desire* addresses the core struggles people suffering from addictive and compulsive behaviors face on the road to recovery. In this book, meditation teacher and author of *One Breath at a Time* **Kevin Griffin** explores the ways in which the Twelve Step idea of God or Higher Power can be understood from a Buddhist perspective.

The Twelve Steps' emphasis on God often frustrates those who consider themselves agnostic or atheist. Yet in suggesting we surrender to a force greater than ourselves, the Steps open a way into freedom from addiction that is both powerful and effective. Griffin's insight is that the Dharma, the teachings of the Buddha, can be understood as a power itself, one that can serve the same purpose as God in working with the Steps. He shows how the teachings on karma, mindfulness, impermanence, suffering, love, and many more can act as guides and supports in the process of recovery. Deepening our awareness through Buddhist meditation practices allows us to loosen the destructive thought patterns and behaviors that bind us, helps us to reflect on our lives, and ultimately guides us to a new way of living, free from clinging and self-hatred.

Drawing from his past experiences with substance abuse, Griffin offers an honest look at the harrowing effects of drug and alcohol dependence, the illuminating path to redemption, and the fulfillment that can be found in a spiritual solution.

***About the Author***

**Kevin Griffin** is the author of *One Breath at a Time: Buddhism and the Twelve Steps*, the breakthrough book that established him as a leader in the mindful recovery movement. Based in the San Francisco Bay Area, he teaches "Dharma and Recovery" at Spirit Rock Meditation Center. Kevin is also the co-founder of the Buddhist Recovery Network, an international organization that serves people in the recovery community through training, treatment, and research. He continues to offer workshops, lectures, and retreats around the country. For more information about him and his teaching schedule, see his website: [www.kevingriffin.net](http://www.kevingriffin.net).